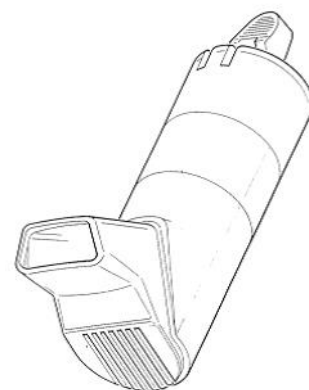


# How to use an Autohaler

1. Remove protective cap and shake inhaler
2. Hold inhaler upright and push the lever up so it stays up
3. Breathe out gently away from the mouthpiece
4. Hold mouthpiece to the mouth and place between the teeth. Close lips around the mouthpiece. Ensure air vents are not blocked by fingers
5. Breathing in slowly and deeply (Do Not stop breathing in steadily when the inhaler clicks, continue to breathe in)
6. Remove inhaler from mouth and hold breath for 10 seconds then breathe out slowly
7. After use, hold inhaler upright and lower the lever to the down position and close cap.



**Demonstrate your device technique to your GP, nurse, pharmacist or clinical specialist at every opportunity**